

Gems from the Gym

December 2009

PE classes are now inside for the rest of the winter. Please dress accordingly on PE days. This means sneakers and loose fitting clothes that we can tumble around with! Also water bottles with their names on them are recommended, the gym gets a little warm in the winter months.

The Fit and Lit program is in full swing so fill out those sheets. During these cold days & nights it is quite easy to sit around, watch TV and not get out. Let's try to keep moving and reading!! If you need some information or Log sheets check on the PE website! (The site should be ready on the first of the year!)

December finds us dancing the Polka and the Virginia Reel in PE class. The younger grades are designing their own routines and presenting them to the class! Mrs Daly brings her Music class in and does a masterful job of teaching us the polka & line dances.

Have a happy and safe holiday season.